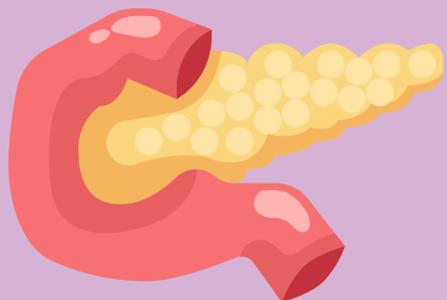


# Food, aroha and hope in the face of advanced pancreatic cancer

What is the impact of enzyme replacement: A systematic review

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## The problem

People diagnosed with **pancreatic cancer** face ..

- Dismal prognosis,
- Decreased quality of life
- Symptoms (1)
  - **Pancreatic exocrine insufficiency (PEI)**

PEI leads to

- Decreased enzyme production
- **Abdominal pain**
- **Diarrhoea**
- **Significant weight loss** (2)



## The evidence

12 studies were included in the literature review. Four themes arose

- PERT education
- Efficacy of PERT
- Patient experience
- Lack of awareness

Evidence in literature demonstrates that PERT...

- **improves weight loss**
- **symptoms**
- **relationship to food**
- **survival**



## The solution

**PEI can be treated!**

With pancreatic enzyme replacement therapy (**PERT**)

**PERT**

- Improves fat, protein and carbohydrate digestion.
- Has positive effects on **quality of life** (1)



## The way forward

- **Research funding**
- Collaborative research network spanning Australia and New Zealand (**ASPERT**)
- Enhance community engagement.
- **New Australasian study asking people with pancreatic cancer about PERT (see study pamphlet)**

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2. Gooden, H. M., & White, K. J. (2013). Pancreatic cancer and supportive care—pancreatic exocrine insufficiency negatively impacts on quality of life. *Supportive Care in Cancer*, 21(7), 1835-1841.



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